

## Transcription of Vol. 1.11: Best Practices

[Slide: 1] "Holistic Emotive Practices Vol. 1 Part 11: Best Practices"

Hello, and welcome back to my series on Holistic Emotive Practices. In this, the final presentation on the first volume of Holistic Emotive Practices, or simply HEP, I will talk about some of the best practices to adopt while using HEP.

[Slide: 2] "Three Primary Issues Concerning HEP: Frequency, Modality, Setting"

The topics I will cover in this talk include how often to use HEP, the various ways to use the different modalities of HEP, and the settings appropriate for HEP.

[Slide: 3] "How Often to Repeat a Word? No mindless repetitions; Focus on feelings and meaning each time;

Use only if condition still exists; Come back after interval"

The repetition of a HEP word should not take place in an automatic fashion. For the practice to be holistic you must focus on the feelings associated with the sounds of the word each time you repeat a HEP word. Repetition without such focus may have an effect your emotions, but without paying attention to your feelings you cannot be sure of what the effect might be. If you cannot identify the feeling that prompted the use of a HEP word then you should not repeat the word. Wait a while. If the feeling comes back then you can repeat the word. You may only have to wait a few moments.

[Slide: 4] "How Often to Repeat a Word? Several smaller doses work better than one large dose"

Several small doses of focused attention on a word are preferred to a large number of repetitions of a word without recognizing feelings connected to it.

[Slide: 5] "What Modality to Use? Always use HEP thinking, feeling; Breathing, vocal or sub-vocal are all optional; Sub-vocal easiest; Breathing most difficult"

The various modalities of HEP overlap a great deal, or at least should. When you say a HEP word, you should also be using HEP thinking. If you choose to use sub-vocal HEP, HEP thinking should still be there. HEP breathing works with sub-vocal HEP, or you could use HEP breathing with only HEP thinking. The most stripped down version of HEP is HEP thinking by itself. HEP thinking can be augmented by incorporating bits and pieces of HEP breathing and sub-vocal HEP into the practice, but thinking is the key. You should draw on the other modalities in order to help you feel the moods as you think about them.

[Slide: 6] "Practice, practice, practice; Breathing can enhance thinking and feeling; Learn by adding little by little"

The best way to learn how to use HEP and incorporate the various modalities is through practice. This may sound daunting to someone who has no experience with HEP. To many the first issue is picking a

HEP word. If you don't know what word to use then questions of frequency, modality and setting are irrelevant. I recommend watching Volume 2 in this series to learn some practical examples of HEP words and the moods and settings in which to apply them.

[Slide: 7] "When to Use HEP? - Any time when you have a moment to reflect"

The occasions to use HEP can vary considerably. You can learn to recognize moods you want to avoid or stay away from, such as anger or frustration. If you can recall a HEP formula that works with these undesirable moods, you should be able to put them to use at such crucial times.

[Slide: 8] "Using HEP on the Fly Requires 2 things: Recognition of feelings. Knowing which HEP word applies"

The only real requirements are the self-reflection that allows you to identify the mood and the know-how to pick an appropriate word. Once the mood is spotted, pick the word and go into HEP thinking mode. Say the word, perhaps in a sub-vocal manner or use HEP breathing. The silent HEP techniques can be applied just about anywhere and anytime without worrying about the social implications.

This spontaneous use of HEP can be very powerful in helping you maintain your emotional balance and keeping you from getting entangled in destructive or non-productive moods, but it isn't the only way to benefit from HEP.

[Slide: 9] "Daily Practice; Specific time and quiet place; Form of meditation; Promotes self-transcendence"

HEP can also be a powerful tool for enhancing or beginning a meditation practice. The best way to develop a meditation practice is to set aside a certain amount of quiet time each day. The goal of most who meditate is to achieve self-transcendence, a state of mind in which you do not perceive yourself as an individual, but rather you feel yourself becoming united with a larger, some say infinite source or force. During a quiet meditative time you can select HEP words that help you stay focused on this meditative goal and bring you back toward that goal if you get distracted by errant thoughts. I provide a number of HEP words that you can use in this manner in Volume 2 of this series.

[Slide: 10] "HEP Meditation - Two-fold purpose: Meditation on HEP words to clear the mind and focus; Replay emotional issues to learn HEP words; Develops proficiency"

Another advantage of using HEP during a daily quiet time is that it can help you gain proficiency in the use of HEP. During quiet reflection you can ponder emotional issues that you have recently faced or are currently facing. As you recall the feelings associated with these situations you can practice modulating them by using different HEP formulas. In this manner you can find one or more that fit a specific recalled mood. Then in the future you when you find yourself in a similar mood you will have a HEP word that you can apply.

[Slide: 11] "Photos by Brian McPherson"

That concludes this talk, the final one in Volume 1 of Holistic Emotive Practices. In Volume 2 I explore a number of practical examples that apply in various situations. These examples can help you realize the full potential of using HEP to promote emotional balance and enhance your spirituality.

Thanks for listening.